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Bangalore Mirror

TEMP Max 29 | Min 19 | Humidity 66% Partly Cloudy Sensex 65,953 | Nifty 19,597 | Gold 59,400 | Silver 71,508 | Dollar 82.74 | Euro 91.02 | GBP 105.56

Waste from solar panels expected to touch over 6 lakh tonnes by 2045. Experts say now is the time to figure out how to deal with it best

HERE COMES THE SUNDOWNER

Only small percentage of waste generated in Karnataka is being recycled effectively

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According to a projection by the Centre for Study of Science, Technology, and Policy (CSTEP), Karnataka is expected to generate 1,680 tonnes of photo-voltaic (PV) waste over the next two years. This is the electronic waste generated by discarded solar panels.

Come 2045-46, this amount is expected to reach 6.2 lakh tonnes and by 2050, it is expected to touch the 10 lakh tonnes mark. The forecast is based on the state's ambitious target of adding 10 GW of renewable energy by 2027.

Researchers from CSTEP say the estimate of PV waste generated over the next 27 years (2050) has been done considering the current installed capacity of the state and assuming that nearly 90% of the target capacity of 10 GW will be contributed by solar PV.

Experts say the number is worrisome

CONTINUED ON PAGE 8 »

Photovoltaic cell solar panels catch the evening light as the sun sets over the Pavagada Solar Park in Thirumani village, Karnataka

> **Policymakers must consider a recycling framework involving the setting up of clusters, collection centers, and recycling units with minimum transport costs and distances** – Dr Anjali Taneja, senior policy specialist, CSTEP

BREATHE UNEASY

Docs talk of respiratory issues among kids after recovery from dengue

PAGE 2

LOOK, A LAKE

Locals rejoice as Bhattarahalli lake has been transformed back to its glory

PAGE 4

3 THINGS TO DO

01 Short films

The 13th edition of the Bengaluru International Short Film Festival (BISFF) is all set to happen this month with its special highlight, the premiere of five short films. These films were produced as part of the Literature to Script Competition, which was organised by BISFF and Goethe-Institut/Max Muller Bhavan. The selected scripts had received a production grant of Rs 1 lakh.
Where: Suchitra Film Society
When: August 10; 5:30 pm

02 Graceful steps

Don't miss out the chance to watch Rhythmotion Juniors, disciples of Guru Chitra Arvind, who will be presenting Kathak and contemporary dance as part of Chinna Kalanadam 2023 this month.
Where: Ravindra Kalalshetra, JC Road
When: August 12; 5 pm

03 Artful focus

National Gallery of Modern Art, Bengaluru (NGMA B) presents in-house curated sculpture exhibition Pratibha from the permanent collection of NGMA Bengaluru going on at the new wing gallery. The exhibition showcases 39 sculptures and mixed media artworks of well-known artists who have contributed to the history of modern art in India.
Where: #49, Manekyavelu Mansion, Palace Road
When: Till August 20; Tuesday to Friday 11 am to 06 pm; Saturday and Sunday 11 am to 07:30 pm; Monday gallery remains closed

Not all good post-dengue cure

City doctors observe increase in respiratory infections among children who previously contracted dengue; suggest encouraging stringent hygiene

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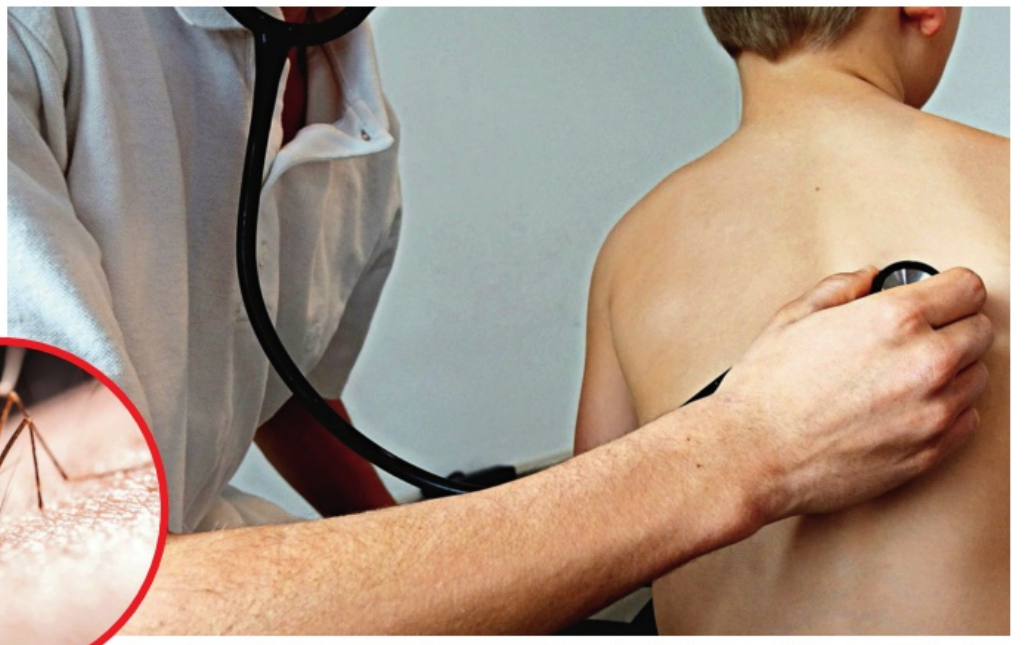

Experts say that severe dengue cases can lead to fluid accumulation around lungs

Amidst the surge in dengue cases, concern is growing among city doctors regarding the potential long-term effects on children, who are now grappling with respiratory issues following their recovery from dengue.

Dr Parimala V Thirumalesh, Senior Consultant in Neonatology and Paediatrics at Aster CMI Hospital, said, "With the advent of the monsoon season, we have observed an uptick in respiratory infections among children who have previously contracted dengue. After dengue, a child's immunity tends to be compromised, rendering them susceptible to respiratory infections such as cough, cold, and nasal congestion. While the dengue virus is typically not detected in respiratory specimens, we have recently noted a trend of respiratory complaints among children."

> **"After dengue, a child's immunity tends to be compromised, rendering them susceptible to respiratory infections such as cough, cold, and nasal congestion**
> –Dr Parimala V Thirumalesh, Senior Consultant at Aster CMI Hospital

Given the heightened risk of infections during the monsoon, bolstering children's immunity becomes paramount. It's essential to encourage an active lifestyle, adopt a nutritious diet, practise stringent hygiene, and ensure that the child's vaccinations are up-to-date, she added.

Dr Anil MU, Consultant Paediatrician and Intensivist at SPARSH Hospital, further elaborated, "In general, dengue triggers leukopenia, a reduction in white blood cell counts. During this phase, the body's overall immunity experiences a transient decline, making children susceptible to secondary infections. While these infections need not be exclusively respiratory, they can manifest shortly after dengue."

He added that severe dengue cases can lead to fluid accumulation around the lungs, resulting in a non-infectious cough. The symptoms primarily resemble viral infections in children, starting with flu-like indications such as runny nose, eye irritation, throat discomfort, cough, sneezing, bodily soreness, and fever.

He also emphasised an observed increase in respiratory infections and hospital admissions among children post-covid.

The availability of testing facilities for common viruses enables doctors to detect previously unnoticed infections. Notably, this technological advancement empowers medical practitioners to screen for viruses like influenza A, B, H1N1, RSV, and adenovirus, thereby enhancing detection rates. While specific treatments may be lacking, heightened awareness surrounding circulating viruses assists doctors in offering comprehensive counsel to families, including insights into the infection's nature, duration, impact, and transmission.

Meanwhile, Dr Yogesh Kumar Gupta, Consultant Paediatrician and Intensivist at Fortis Hospital on Bannerghatta Road, reported an escalation in dengue cases in recent weeks, particularly affecting adolescents. Although some cases require ICU care due to low platelet levels or blood pressure, the recovery rates remain commendable. He underlined how dengue could temporarily alter the immune system, making it vulnerable to secondary bacterial infections during the recovery phase. He emphasised the importance of rest, a nutritious diet, and stringent precautions to prevent such complications.

Furthermore, Dr Kumar stressed the parallels between precautions for respiratory infections and covid. Recognising that respiratory infections spread through airborne and droplet transmission, he recommended similar preventive measures. This includes refraining from sending sick children to school, practising frequent hand washing, adhering to contact precautions, and maintaining distancing and masking protocols.

When organs connect and heal...

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Over the years, India has recognised Organ Donation Day on November 27, but starting this year, August 3 marks the dedicated observance in honour of India's first successful deceased heart transplant on August 3, 1994.

According to Dr Deepak Jayaprakash Kaddu, Consultant – Urology, Manipal Hospital Whitefield and Old Airport Road, organ donation is mainly divided into two types: live-related and cadaveric organ donation.

"In a live-related donation, a family member or relative donates an organ to the recipient person. On the other hand, in cadaveric donation, the donor is brain dead, and organs like kidneys, liver, and lungs are functional and can be removed for transplantation with family consent," said Dr Deepak.

Doctors say that increasing awareness helps dispel myths about organ donation

Dr Sanjeev Rohatgi, Lead Consultant - Liver Transplant and HPB - Surgical Gastroenterology Surgery, Manipal Hospital, explained, "In cadaver donations, the donor has lost blood supply to the brain, but their heart is still functioning, allowing organs to be transplanted into suitable recipients."

Furthermore, Dr Ravi Shankar B, Consultant – Nephrology, Manipal Hospital Whitefield and Old Airport Road, emphasised that "organ donation is a noble cause that can save up to nine lives."

Addressing the significance of awareness, Dr Prakash Babu SML, Consultant – Urology, Manipal Hospital Whitefield, highlighted that increasing awareness helps dispel myths and misconceptions about organ donation. He underscores the need to consider cultural and religious beliefs to address barriers to organ donation.

Blood and rage on Bengaluru's roads

Speeding car claims lives of father, son lives; bikers' attack video goes viral

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A man is said to have rammed his car into an auto and then crashed into a two-wheeler on which a book-shop owner and his son were travelling. The father and son were killed and cops managed to nab the accused

In a hit and run case, a speeding car rammed into an auto and mowed down a man and his son at ISRO Circle on Sunday night. The car first hit an autorickshaw near 1522 pub on New BEL Road. In a bid to flee after hitting the autorickshaw, the car then crashed into the two-wheeler with two riders at the ISRO junction. Their relative, who was also hit by the vehicle, has been admitted to Ramiah hospital and is in a critical condition.

Police officials said that the deceased have been identified as Raghu, 55 and his son Chiranjeevi, 25. The duo used to run a book store in Koramangala and were returning home from the shop. The accident occurred between 11:40 pm and 12:00 am. The onlookers managed to nab the alleged driver, Akshay, who is in police custody.

An eyewitness at the site spoke to Bangalore Mirror, "At the signal which was red, to avoid hitting the vehicles standing on the left side of the road, he took a right. He was at 100-120 kmph speed on a Maruti Eeco. First he hit a pedestrian and then hit the scooter on which there were two people. He stopped his car ahead and we caught the driver of the vehicle." The others from the car escaped in the vehicle and police are on the hunt to trace the vehicle and arrest the others.

A police official said that they are trying to confirm whether the suspect was under the influence of alcohol during the incident. He added that Akshay is the son of zilla panchayat president.

"At the signal which was red, to avoid hitting the vehicles standing on the left side of the road, he took a right. He was at 100-120 kmph speed on a Maruti Eeco. First he hit a pedestrian and then hit the scooter on which there were two people. He stopped his car ahead and we caught the driver of the vehicle

Chase and threaten tactics, again

Two miscreants were observed halting a car in the middle of the road and making a scene in another instance of road rage in the city. The two bikers attempted to assault the car driver in a viral video that showed them pursuing it.

The man and his family were inside the car when the incident happened around Siddapura in Whitefield limits. In the video, two bike riders stopped their vehicle in the middle of the street during the day. They also asked that the driver of the vehicle roll down the window, but he refused. Later, they attempted to pelt the automobile with stones, causing commotion leading to traffic congestion.

"One more roadrage case caught on camera within a span of 1 month in Siddapura whitefield limits, Bengaluru," said the post from X user Nanu. According to sources, the two-wheeler riders chased the person in the car and his family three times before attacking them, throwing stones at them and attempting to break the windows.

An FIR has been filed, and the accused have been taken into custody, according to Bengaluru police. "An FIR has been filed in Whitefield PS regarding this incident, and two suspects have been taken into custody. Additional investigation is under progress, Bengaluru police stated on X.

– Ahna Prakash

Newspaper delivery driver attacker arrested

The police have apprehended a suspect responsible for assaulting a driver and robbing a newspaper delivery vehicle on the service road of National Highway 44 near Hebbagodi on Sunday night. The accused is Sairam (24) from Tirupalaya near Hebbagodi.

Originally from Mandya district, Sairam and his accomplice Jnanesh had targeted Kumar when the victim was en route to Yelahanka, loading newspaper bundles from a printing press in Bommasandra Industrial Area. Sairam and Jnanesh on a bike, intercepted the vehicle on the service road, blocking its path. As soon as Kumar alighted from the vehicle, the accused verbally abused and physically assaulted him, later confiscating his mobile phone and demanding payment.

When Kumar was unable to provide the demanded sum, the culprits coerced him into transferring Rs 500 via UPI.

During this incident, highway patrol officers arrived at the scene, prompting the suspects to flee. Through the mobile number of the apprehended suspect Sairam, he was traced and subsequently arrested. The second suspect, Jnanesh remains at large. Both Sairam and Jnanesh are auto drivers. The authorities have registered a case against Sairam, charging him with abuse, extortion, and disturbing the peace.

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PSI recruitment re-exam on Sept 28: Stay to continue, says HC

The High Court of Karnataka on Monday continued the interim stay on conducting the re-exam for the recruitment of Police Sub-Inspectors on September 28. The examination conducted on October 3, 2021 for 545 posts was cancelled by the government after a "scam" broke out.

A re-exam which was scheduled to be held on September 28 has been challenged by successful candidates who were not accused in the scam.

The recruitment exams to fill the posts of 545 PSIs ran into controversy after it was revealed that the OMR (Optical Mark Recognition) answer sheets were tampered with to benefit some candidates.

The authorities debarred 52 candidates who were allegedly involved in the scam. The examination in 2021 was written by 54,289 candidates.

A division bench of the High Court headed by Justice P Dinesh Kumar continued the stay granted earlier and adjourned the hearing to August 16. The counsel for the petitioners had sought more time to argue the case.

Over 100 candidates who had passed the PSI exams have challenged the government's order cancelling the earlier exams and ordering for a new one.

The police had registered two FIRs and arrested over 30 people, including several candidates and police officers allegedly involved in the scam.

PTI

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What a change!

Bhattarahalli Lake in KR Puram reaches its final stage of transformation; residents rejoice

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After undergoing a rejuvenation process led by the Bruhat Bengaluru Mahanagara Palike (BBMP), the 18-acre Bhattarahalli Lake in KR Puram has reached its final stages of completion. The local community is joyfully celebrating the lake's transformation, as it rekindles memories of their past when swimming and drinking from the lake were common activities.

Earlier, it was the Bangalore Development Authority (BDA) that was the custodian of the lake, but in 2015, the lake was handed over to the BBMP. The lake was in bad condition, with sewage entering the lake and needing to be carried out. Further, the walkway or pathway was not accessible due to its bad condition. The civic body had started the desilting work and diversion of sewage channels. As the work was progressing, covid hit, and the work was progressing slowly.

> **I remember swimming and drinking water at this lake. We didn't have to worry about any sewage entering the lake. We see a lot of development in the Bhattarahalli Lake**
>
> –a resident of KR Puram

However, according to the BBMP Lakes Department, the restoration of the lake was done in 2019, but works such as making walkways, jogging tracks, and fencing around the lake had been left pending.

"After the restoration work was taken up in 2019, the lake's condition had gotten better. However, there was a need for the jogging and walking tracks to be made, and Rs 1 crore was sanctioned to carry out the work. As of now, the walkway is being constructed at the lake. We have to even carry out the fencing of the lake; however, there is a delay with the fencing as the revenue department needs to come and carry out a survey of the lake for the fencing to be carried out. Apart from that, all the works at the lake have been completed," said BBMP assistant engineer Swapna.

BBMP has even constructed a sewage treatment plant (STP) of 300 KLD to treat the untreated water. "I have been monitoring the lake, and we see no signs of sewage entering the lake," added Swapna.

The residents who had been complaining about the slow progress of the development of the lake, however, appreciated the BBMP's effort on the rejuvenation of the lake.

"Some years ago, we were seeing the lake getting into a pathetic state, and now that we see the lake, it is extremely beautiful. The lake can even qualify as one of the best lakes in the city. If only the fencing around the lake is completed, then the lake will be safeguarded from any illegal encroachment or activities," said Balaji Raghotham, a lake activist.

A resident of KR Puram said, "I remember swimming and drinking water at this lake. We didn't have to worry about any sewage entering the lake. However, these days, many lakes have the problem of sewage entering into them due to lake maintenance. We see a lot of development in the Bhattarahalli Lake and hope that the authorities maintain it in the same way."

Residents come forward to plant 1,000 saplings

The residents, as part of a voluntary initiative, stepped up and took charge of planting saplings at the lakeside to enrich the biodiversity of the lake. Last year, they started the activity of planting at least 10–15 saplings every day, and as of today, they have planted 1,000 saplings.

Raghotham said, "Every day we get to work, we come to the lake and make sure we carry out plantations. It is the daily effort that is showing results now. We have successfully planted 1,000 saplings. We get different species of saplings from nurseries or the forest department and plant the saplings. We even carry out its maintenance after plantation by regularly watering the saplings."

Traffic: Japanese tech on forefront

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Japan's Management of Origin-Destination-Related Adaptation for Traffic Optimisation (MODERATO) technology is being implemented in the city as a first-of-its kind project in India. This technology will help reduce traffic congestion on three major roads in the city: MG Road, Hosur Road, and Old Madras Road, where one might have noticed installations being put up.

Japan's MODERATO technology-based Area Traffic Control System (ATCS) automatically adjusts signal timing based on real-time traffic volume data from roadside sensors.

However, the adaptive traffic signal control system will be implemented in any of the city's 10 majorly congested junctions, including Silk Board, Ibballur, and Kadubeesanahalli, among others. The project will cover 28 junctions across the city. While the original plan included 29 junctions, one has been dropped due to ongoing metro construction. The junctions were identified in 2014 and are located in the Central Business District (CBD) area, but severe congestion in the city has now moved to the outskirts and Outer Ring Road (ORR).

MODERATO technology to be implemented on MG Road

The project is likely to be completed by September 2023. Delay at junctions in areas surrounding the project is expected to drop by 13%, while queuing is estimated to be reduced by 30%. Both of these estimates are expected to be achieved at ideal conditions, where there are no constructions taking place or other kinds of obstructions present in roads leading up to the junctions. Once the implementation is entirely completed, the project will be handed over to the Bengaluru Traffic Police (BTP) for operations as well as maintenance.

While the signals will work in an automated mode, provisions have been made for them to be operated manually for the purpose of facilitating emergency vehicles. The project, costing Rs 70 crore, is being funded by the Japanese International Cooperation Agency (JICA), while the Japanese firm Nagoya Electric Works Co Ltd is involved in its implementation.

Bengaluru has 388 traffic intersections that are controlled by signals, while 500 are manually regulated.

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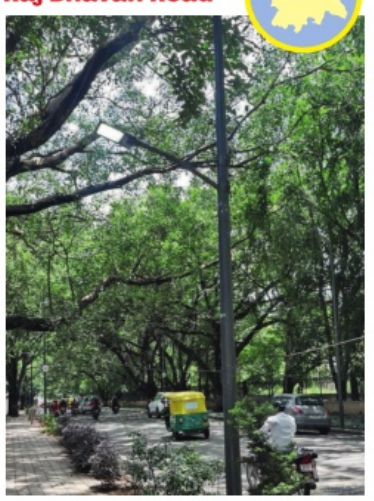
Clean it soon
Indiranagar

Drainage has been flowing out for the last many hours at Thimma Reddy Road, Appareddy Palya, Indiranagar.

Poor planning
Magrath Road

The Magrath Road entrance from Brigade Road in the smart city has a poorly designed traffic island, causing traffic congestion. Taxpayers are questioning the brains behind this wasteful project and demanding wider access in the CBD.

Switch it off
Raj Bhavan Road



On Raj Bhavan Road, just after the entry gate and before the Ganesha temple, LED streetlights remain switched on 24/7, 365 days, due to faulty auto-timer switches, leading to a waste of taxpayers' money.

Toddler's death: Hospital, doc asked to pay damages

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The Karnataka State Consumer Disputes Redressal Commission (KSCDRC) has directed Apollo Hospital, Bannerghatta Road and Dr Anand Alladi, a paediatric surgeon to pay Rs 10 lakh compensation to Chetan and Ashwini Chetan, a couple who lost their son Advaith.

Advaith, a 16-month-old, was admitted to the hospital for treatment. The child was diagnosed with bilateral scrotal swelling with a right inguinal hernia and was operated on January 5, 2011. After the operation, Advaith was shifted to the ward. Everything was fine until the child developed a severe allergic reaction when an antibiotic was administered intravenously. The child was dead by 5.30 pm.

"We approached the District Consumer Disputes Redressal Commission which gave judgement in our favour but Dr Anand Alladi approached the KSCDRC against the judgment of the District Consumer Disputes Redressal Commission and we are happy that the KSCDRC gave judgement in our favour," said Chetan.

Dr Alladi, the operating surgeon, is said to have left for the Vani Vilas Hospital where he also works, immediately after the operation. The post-surgery medication instructions were given by him to a nurse over the phone. He was also said to be not available when the child developed an allergic reaction to the antibiotic prescribed by him over the phone.

Later it was diagnosed that the antibiotic dose prescribed to the nurse over the phone was administered without a test dose, which led to the child's death. Chetan (the child's father) approached Karnataka Medical Council against Dr Alladi's medical negligence. The KMC report held the doctors negligent and guilty of unethical practice. The KMC report also enabled Chetan to approach the District Consumer Disputes Redressal Commission which upheld the contention that the death was the result of negligence.

It is alleged that doctor left to another hospital soon after surgery on 16-month-old and was unavailable on call

Now, the KSCDRC has directed Apollo Hospitals and Dr Alladi to pay a sum of Rs 10 lakh as compensation along with 6 per cent interest per annum from the date of complaint till realisation. The KSCDRC directed Apollo Hospital and Dr Alladi to refund Rs 30,750 received towards medical expenditure and also pay Rs 50,000 towards the cost of litigation incurred by complainants.

The KSCDRC also mentioned that it is clear that the attendance register has been tampered and the statement of the medical superintendent and the statement of the respondent does not tally.

Chancellors' choice: Govt miffed with state of affairs

UGC guidelines being ignored during appointments? Govt asks 25 universities for clarification

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UGC has issued specific guidelines for recruitment of staff and professors at universities in 2018

The state government has raised concerns over private universities in the state allegedly disregarding the University Grants Commission (UGC) rules in the appointment of chancellors. In response to recent correspondence from UGC regarding the appointment of chancellors, the higher education department has written to 25 private universities in the state, seeking clarification on the appointment process. UGC has expressed suspicions that unqualified individuals might have been appointed to the position of chancellor at some universities.

An official said, "UGC issued specific guidelines for the recruitment of professors and staff in 2018, including separate guidelines for appointing chancellors of private universities. Now, the state's higher education department has warned that any deviations from these guidelines should result in immediate dismissals. Universities have been requested to submit attested certificates and details of the guidelines followed in the appointment of chancellors along with the report."

According to UGC rules, the power to appoint the chancellor lies with the chairman of the respective university, but the name proposed for the position must be approved by the Executive Council. A separate search committee, comprising three to five members, should be formed for the selection process. The appointment should be advertised in newspapers, and the candidate must possess a minimum of 10 years of experience as a professor and demonstrate high levels of competence, academic leadership, and ethical values with organisational commitment.

"However, contrary to the rules, there have been ample examples where family interests have taken a front foot in the appointment of chancellors. In a few cases, political pressure and even those with criminal backgrounds have been appointed. The post of chairman or chancellor should not be automatically given to individuals who have established more private universities, and the position of pro-chancellor cannot be assigned arbitrarily. However, some private universities are allegedly appointing their family members to the position of chancellor despite lacking the required academic qualifications," said a higher education department official.

Reacting to this, Prof MR Doreswamy, a former advisor to the state government, said that private universities must strictly adhere to the UGC norms while appointing chancellors, avoiding any recruitment of family members or unqualified individuals.

An official added, "The UGC's letter highlights concerns over the appointment of ineligible persons to the chancellor position and emphasises the necessity of forming a search committee for the appointment process. Private universities have been officially notified to provide reports and warned about immediate staff dismissal if recruitment rules are violated."

"There have been ample examples where family interests have taken a front foot in the appointment of chancellors –A officials

IN BRIEF

Drunk woman takes it all out on cops

A person was observed cursing at police officers while intoxicated at Church Street on Sunday night. The cops were attempting to take the woman home, when she turned against them.

The drunk person was allegedly seen on camera yelling abuse at the police officers and locals present at the scene. As a result, the cops needed assistance from another woman to drive the girl home.

The girl was also seen shoving the woman while the latter was trying to help her board an autorickshaw.

The female had parked her automobile in a no-parking zone among the numerous pubs, bars, and restaurants on Church Street.

When the traffic officers objected to the girl's automobile being parked in a no-parking area, a fight broke out between the two parties. The two then got into a fight after which the girl started cursing at the police officers.

As the situation worsened, the police asked a female witness for assistance so they could try to help the girl travel home safely in the absence of a female police officer.

Finally, the cops assisted her in boarding an auto rickshaw and going home. **BMB**

Secret filming case: Case now with CID

Chief Minister Siddaramaiah on Monday said that the Udupi secret video recording case has been handed over to the CID owing to its "sensitive" nature.

"Udupi secret video recording case has become a sensitive issue and hence we have handed over the case to CID for investigation," the Karnataka Chief Minister's office tweeted. Earlier on Friday, former Karnataka CM Basavaraj Bommai said that he will meet Governor Thawar Chand Gehlot and will demand an Special Investigation Team (SIT) probe into the Udupi Medical College video incident as they have "no faith in the Udupi Police Department." **ANI**

How state traded its forests, big chunk for iron ore mine

In 2022-23, over 661 hectares of forest land diverted for non-forestry uses

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Jog Falls is an eco-sensitive area which cannot be granted for non-site-specific projects

Over the last 15 years, Karnataka has diverted a little over 5,048 hectares of forest land for non-forestry purposes. In 2022-23 alone, the state diverted 661.7 hectares of forest land, the highest amount diverted for non-forestry purposes since 2010-11 (776.08 hectares).

The data was presented by the Union Minister of Environment, Forest and Climate Change in the Lok Sabha session on Monday.

While officials from Karnataka Forest Department (KFD) admit that the total land diverted in 2022-23 is a big number, they say such diversions are allowed only in case of site-specific projects. The department follows stringent measures otherwise.

"Out of 661 hectares, 324.7 hectares is for an iron ore mine in Ballari. Sometimes, the old lease for such projects expires and the same area goes through the auction process and is re-submitted for approval. Such repetitions are possible. While 661 hectares is a big number, these diversions are allowed only for site-specific activities. This implies that there are no alternatives to such projects. Moreover, we compensated by mitigating the impact by taking land for compensatory afforestation so the forest area lost is recouped in some other way," said a senior official from KFD.

"Out of 661 hectares, 324.7 hectares is for an iron ore mine in Ballari. While 661 hectares is a big number, these diversions are allowed only for site-specific activities. This implies that there are no alternatives to such projects
—Senior official from KFD

However, conservationists and activists allege that permissions for forest land diversion are being granted to non-site-specific projects as well. Moreover, in many cases, the recommendations made by field officers are ignored and the project is sent to MOEFCC for further approval. They say the Forest Department is the custodian and is overruling the recommendations of field officers on diversion should not be allowed.

As per guidelines under Forest (Conservation) Act, 1980, any proposal for utilisation of forest area for non-site specific activities is not to be considered and has to be thoroughly scrutinised by the State government regarding the alternatives and detailed complete justification establishing the inescapability of locating the project in the forest area.

"One such example is a proposal to construct a five-star hotel instead of a PWD near Jog Falls in Shivamogga. The proposal was first tabled in 2014 by Jog Management Authority. However, it was shot down by MOEFCC and the ministry stated that the project is not site-specific and not in the interest of forest or biodiversity conservation. However, the project was re-submitted in 2021 and now the PCCF is looking into it. Jog Falls is an eco-sensitive area and such projects should not even be considered," said a conservationist.

Experts say only a handful of such projects proposed are being rejected.

"Impact assessment of such projects, especially linear projects, are not being done appropriately. MOEFCC has become a clearance body and only a small fraction of these projects are being shot down. Rejection rate has gone down considerably," added the conservationist.

Games begin: 16 colleges take part in sports meet

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TWEETS @BangaloreMIRROR

Students of 16 colleges participated in the inter-collegiate sports meet organised by Vasavi Jnana Peetha First Grade College at BGS Stadium in the city. After inaugurating the sports meet on Monday, D R Vijaya Sarathi, secretary of Vasavi Group of Educational Institutions told Bangalore Mirror, that the objective of the inter-collegiate sports meet is to provide a platform for students to showcase their skills in games.

"We used to organise sports meets for our college students every year. Now, we have decided to organise the sports meet enabling other colleges to participate in it. Our college team won a gold medal in Taekwondo held in Thailand," said Vijaya Sarathy.

Objective of sports meet is to provide a platform for students to showcase their skills in games

He said that sport meets would facilitate students to focus on sports. "We encourage our students to participate in sports apart from focusing on academics," he said.

Bhoomika M, a B.Com student of SLN College, said, it is the first time she is participating in an inter-collegiate sports meet. "I am part of the throwball team. I am confident of our team bagging a medal in the tournament," said Bhoomika.

Mohan Raj GN, a cricket player from Vijayanagar Government College said, he is participating in an inter-collegiate sports meet for the first time.

"I am a batsman. Quite confident that our college team will definitely win a medal," said Mohan Raj. The first prize is Rs 10,000 and the second prize is Rs 5,000.

Man with a vision; rail safety awareness is his mission

Youngster makes short films, ads to spread awareness on stone-pelting, mishaps

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
TWEETS @BangaloreMIRROR

'The First Journey' project aims to educate public on railway safety

With the increase of stone pelting incidents on trains and people losing lives while crossing the railway track or walking on the railway track, a proactive initiative has been launched by a youth. Vinod Rajendra, who hails from Anantapur and resides in Bengaluru, has made an attempt to create awareness among railway passengers and the general public on railway safety.

"My father is a retired railway employee. My attachment to the railways led me to conceive the idea of creating awareness through animated advertisements, action short fiction, documentaries, and educational films. I am grateful that ICICI Foundation came forward to support this noble cause as part of its CSR activity," said Vinod Rajendra.

According to railway sources, more than 1,500 cases of stone pelting on moving trains were reported across the country in 2022 and over 400 people were arrested for the offence and around 1800 people were killed while crossing the railway tracks in the country.

Vinod said that this initiative is the first of its kind for railways and the ICICI Foundation. "I named it 'The First Journey'." As part of this project, he and his team have created 13 2D animated ads, three live-action short fiction and six documentary/educational films. To reach a wider audience, most of the content has been translated into English, Telugu, Kannada, and Tamil. The material will reach the public through movie theatres, railway stations, and trains.

"I wanted this project to be more inclusive so I brought different genres like fiction, non-fiction and animation. The goal is to educate the general public and boost the morale of employees to ensure safe travel for passengers," he said.

Vinod said that Aravinda Swamy, Abhishek Kamble and Krishna Mohan are the core team that worked on animation at Village Talkies Studio, Bengaluru. "Around 25 creative people worked extensively for over six months in the completion of this project," he said.

Vinod Raj expressed gratitude to both railway executives and ICICI Foundation for entrusting him with this significant project. He also said that his documentary on the historical place 'Lepakshi' has been translated into various languages and placed in the Guinness Book of World Records as the World's Most Dubbed Short Documentary. "My other fictional works are Arangetram, Change, Arani, IMAD and others that have already fetched me many awards at various national and International Film Festivals," he said.

I-Day prep

Workers make the Indian tricolour flags from cloth, ahead of Independence Day, in Bengaluru on Monday

Contractors' protest: All projects to come to a halt

Till dues amounting up to Rs 2,700 crore are cleared, contractors say they will not resume work

Melvin Mathew
c-melvin.mathew@timesgroup.com
TWEETS @BangaloreMIRROR

All work within Bruhat Bengaluru Mahanagara Palike (BBMP) premises is likely to be stopped from Tuesday. The contractor association announced a decision to this effect, claiming that they are yet to receive dues that have been pending for over 26 months from the BBMP.

The Karnataka Contractors' association announced the decision to stop all work until all dues are paid. "We are stopping all work from today. We have halted work due to dues pending from BBMP. BBMP has to pay nearly Rs 2,700 crore and has not made any payment in the last 26 months," said President of Karnataka Contractor Association, Manjunath.

However, BBMP acknowledged the problems and stated that they are working on a solution. "We are aware of the problem. Nearly Rs 2,700 crore is pending. We are working out the means to release the funds," said BBMP Special Commissioner (Finance) Jayaram Ramesh.

However, civic activists say that there is a need for larger transparency for the pending dues. "BBMP should make the payments or specify the reason for the delay. If it's a shortage of funds, the state government should release the funds. The Palike needs to divulge in the open if there are issues with the bills. We need specific reasons for non-payments for each bill," said an activist.

File photo of repair works going on at ORR last year

Referring to DK Shivakumar's statement regarding no development this year, the activist added that it was an irresponsible statement. "If they say, there is no money for development, they need to come out with facts and figures and make them public. It's high time for suo moto declaration of various funds. We need to know if there is no money in the exchequer and why it's not there, If the current government made a mistake with the freebies, they should declare it," he added.

Vinod Jacob of Namma Bengaluru Foundation said that as far as the citizens are concerned, all the ongoing works and maintenance works should be taken forward. "If the work is being taken up after tendering and approval process, work should not be stopped. In terms of flood management, the stormwater drain work should not be hindered," he said.

> **"Citizens are facing the brunt of the state government's refusal to release pay. Efforts must be made to release funds** –Civic activist

Civic activist Sandeep Anirudhan said that contractors have been chasing their payments for a year or two now. "The failure to make payments is resulting in shoddy work. Contractors have to account for the delay in payment and kickbacks while implementing a project. If a contractor is not getting payments, they need to finance the project. Citizens are facing the brunt of the state government's refusal to release payments. Efforts must be made to release funds for maintenance works at the very least," he said.

IN BRIEF

'Satellite is healthy': ISRO chief's update on Chandrayaan-3

Chairman of the Indian Space Research Organisation (ISRO), S Somanath, on Monday expressed confidence in the progress of the forthcoming lunar mission, Chandrayaan 3, providing reassurance that all systems are operating as planned.

Additionally, he shed light on the successful launch of GSAT-24, marking another step forward in India's space exploration endeavours.

Chairman S Somanath stated, "Everything is going fine now. There will be a series of manoeuvres until it lands (on the Moon) on 23rd August. The satellite is healthy."

Chandrayaan 3, India's third lunar exploration mission, aims to build upon the success of its predecessors, Chandrayaan 1 and Chandrayaan 2. As the mission progresses towards its targeted landing on the Moon on August 23, ISRO's diligent efforts and dedication to precision are evident in the updates provided by Chairman Somnath.

Somanath shared details of the successful launch of GSAT-24, a communication satellite, which highlights ISRO's multi-faceted approach to space technology.

The launch of GSAT-24 further solidifies India's position as a key player in the realm of satellite communication and technology.

The updates provided by Somanath serve as a testament to ISRO's unwavering commitment to advancing space exploration and technology. As the Chandrayaan 3 mission progresses and GSAT-24 takes its place among India's communication satellites, the nation's scientific and technological prowess continues to reach new heights. Simon Wong, the High Commissioner of Singapore to India, expressed his congratulations to both India and the ISRO for the Chandrayaan-3 insertion phase on Sunday.

He also lauded the lunar mission's photographs of the moon. **ANI**

ISRO Chairman S Somnath during the unveiling of the GSAT-24 satellite, in New Delhi on Monday

Govt sets up 4 panels to probe award of works by BBMP during BJP rule

The Karnataka government has constituted four committees headed by IAS officers to investigate the alleged irregularities that have taken place in the Bengaluru metropolitan municipal corporation during BJP rule in the state from 2019 to 2023.

The Urban Development Department of the Karnataka government said in its order that there were many complaints by citizens, public representatives, media and contractors about "widespread corruption" in the Bruhat Bengaluru Mahanagara Palike (BBMP), the city civic body.

The complaints pertained to irregularities in bill payment, tenders and public works, the order said.

The first committee headed by Ujjwal Kumar Ghosh will probe the alleged irregularities in solid waste management. Retired chief engineers of Public Works Department (PWD) Captain R R Doddihal, Basavaraj Koti and Karnataka Power Transmission Corporation Limited Assistant Executive Engineer T Prabhakar have been appointed as members.

Amlan Aditya Biswas will lead the panel to investigate alleged corruption in major road works and permissions granted to lay optical fibre cables. It will have two retired PWD chief engineers Prabhakar D Hammige and K Mohan, retired general manager of National Highways Authority of India (NHAI) Jwalendra Kumar and two retired PWD executive engineers Basavaraj Saunshimath and NS Mohan as members. According to the order, a panel headed by Dr P C Jaffer will look into the alleged irregularities in major stormwater drains and design approval in the town planning department of the BBMP. It will comprise retired EICR secretary S B Siddagangappa, retired PWD chief engineer H R Ramakrishna and retired PWD executive engineer Mallesh as members.

The fourth committee led by Dr Vishal R will investigate alleged irregularities in lake development, works taken up under Smart City project and ward level works. This committee will have five members – retired PWD chief engineer Beese Gowda, three retired PWD executive engineers H P Prakash, Srikanth, H Kumar and retired assistant executive engineer GS Gopinath. **PTI**

PV waste can increase toxicity in landfills

CONTINUED FROM PAGE 1

as policies and regulatory frameworks around PV waste handling remain unclear in the state and across the country. If not properly handled, solar PV waste can have strong adverse impacts on the environment, humans, and animals. This is mainly due to the composition of a typical PV panel.

According to Dr Anjali Taneja, senior policy specialist at CSTEP and one of the key authors of the projection study, nearly 93% of PV modules in India are made of crystalline silicon with cadmium telluride thin film modules accounting only for approximately 7% of PV modules.

"A typical crystalline silicon module consists of components such as a glass sheet, aluminum frame, an encapsulant, a back sheet, copper wires, and silicon wafers. Silver, tin, and lead are also used for manufacturing crystalline silicon modules. Once the PV waste gets accumulated in the landfills, cadmium, and lead cause toxicity in the air. Research shows that a high percentage of cadmium may disrupt the production of chlorophyll in plants and even death in animals. Moreover, incinerating the encapsulant releases sulphur dioxide, hydrogen fluoride, and hydrogen cyanide into the atmosphere," said Dr Taneja.

She further added, "In humans, acute intoxication of such materials could cause weakness, fever, and vomiting."

Researchers underline that the majority of the 222 solar PV Plants in Karnataka were commissioned before 2020. Considering the commissioning dates of the 222 PV plants, over 90% of these plants are expected to decommission between 2040 and 2050. As per the current e-waste regulations, the failed panels can be stored for the next decade. However, a considerable amount of PV waste will be generated thereafter.

Currently, only a small percentage of the waste generated in Karnataka is being recycled effectively, with the rest being informally treated. Experts say appropriate policies, adequate infrastructure, and cutting-edge technologies and tools can help Karnataka in handling the increasing amount of solar PV waste effectively.

"What is needed is the right push toward comprehensive policies, better implementation, and greater transparency. Policymakers must consider a recycling framework involving the setting up of clusters, collection centers, and recycling units with minimum transport costs and distances. Moreover, there is an immediate need to have a robust monitoring and reporting system in place that will track PV installations, as well as report and regulate the amount of PV waste generated, recycled, and reused in the economy," added Dr Taneja.

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I Suhas Simhadri R/o #165, Shree Gandha Nilaya, Adarsha Nagara, Arasinakunte, Bengaluru Rural-562123 have changed my name to Suhas Simhadri D for all future purposes

I, Arunjyothi Narasimhulu Naidu R/o #51/2 1st Main 7th Cross Sirsi Road Chamarajpet B'luru 560018, Have Changed my name to Denkanikota Narasimhulu Jyothi for all Purposes.

I, Azam ulla Sharief S/O Shafiulla Sharief # 7 bm lyt b'lor-32 have changed my name to Azam Sharieff for all purposes.

I, Pramila w/o sunil Kumar residing at akshaya residency no 1 flat no102 bandireddy circle dayanandnagar Srirampuram bengaluru 560021 I have changed my name Pramila devi to PRAMILA. Sworn to affidavit 07/08/2023 Notary by A.prabhakar.

I, Tanu S R W/o S V Raju, New Gududahalli, Blr, 560026 have changed my name to Anitha S R

I, SUGRA BEGUM KHALEEL ULLA KHAN, hereby announce that I have changed my name to SUGRA BEGUM by legal means. All future references and dealings will be done using the new name. Date of Change: 07/08/2023

I,GEETHA SHARMA.Date of birth 22.12.1954 wife of B.V.Venatachala.Sharma residing at No.590.Akshaya Apartment S.1,18th main,23rd Cross P.P.Layout, Subramanyapura post Bengalur 560061 have changed my name to NIRMALA KUMARI for all purposes Vide Affidavit dated 07.08.23 before B.Gopala krishna Notary

I, ROSMI SABU, Date of birth 26.8.1994 wife of Bharath.V Kashyap residing at No 590 Akshaya Apartment S.1 ,18th main 23rd Cross.P.P.layout, Subramanyapura post Bengaluru 560061 have changed my name to RASHMI BHARATH for all purposes Vide Affidavit dated 07.08.23 before B.Gopala krishna Notary

I,ABHISHEK Mathukula Janardhan Gupta S/o Janardhan Gupta MR R/o No 333, Sai Krupa, 5th Cross, 3rd D Main, R R Layout, Nagadevanahalli, Bengaluru 560056 have changed my name to Abhishek Janardhan Padmavathi for all purposes.

I, FIRDOSE SULTANA ASHWAK, R/a, #10/11, 2nd Cross, Thimmiah Rd Crs, Sultannagar, Shivajinagar, Bangalore -51, I, have changed my name to FIRDOSE SULTANA, Vide affidavit dated 05/08/2023 Sworn before Notary Meer Hassan Bangalore

I, Afzal Pasha R/o Hegganahalli Peenya 2nd Stage Bangalore 560091 Karnataka have changed my minor daughter's name from Hatija Dvl Kubra to Khadija Tul Kubra .

I, Lalitha Ammanda Thammaiah w/o Thammaiah A M R/o 26, 3rd cross, BV reddy layout, Shaktinagar, Banasawadi, Bengaluru 560043 have changed my name to Lalitha Kotramada Devaiah affidavit Dt.07/08/2023 notary Harisha G,

I, DHANALAKSHMI SAGIRAJU, Residing at No 1, 4th Main, 5th Cross, Bank of Baroda Colony, 7th Phase, J.P. Nagar Beside, Shri. G. Krishnareddy Apartment, Bangalore-560078. Have changed My name to DHANALAKSHMI SAGIRAJU BALARAJU vide affidavit dated 07/08/2023 before Notary Aravind Patil G.G Bangalore

I, Sagar Sanjay Borkar S/o Sanjay Borkar R/o 3112, Wing 3, Sobha Palm Court, Maruthi Nagar, Yelahanka, Bengaluru 560064, have changed my minor daughter's name about 06 years, from Samyukta Borkar to Samyukta Sagar Borkar

I Geeta Basalingappa Goudar w/o Basalingappa M Goudar R/o #68 5th Main Rd Venkateshwara Layout Herohalli Magadi Main Road B'luru-560091, have Changed my Name to Geetha Basalingappa Goudar for all purpose

I Bhaktiben Dhimmar D/O, Gupatrai Dhimmar R/o Prestige Tranquility, Budigere Cross, Bengaluru have changed my name to Bhakti Gupatrai Dhimmar.

I, NAVEENA NELAMANGALA VISWANATHA., R/at No. 949/A, 1st Floor, 11th Main Road, 6th Cross Road, Srinivasanagar, Banashankeri, Bengaluru- 560050 have changed my name to NAVEEN NELAMANGALA VISWANATHA vide affidavit dated: 26/7/2023 Before Notary K.V.Mani Bangalore.

I, Amena Yakub Chanasmawala Akberali R/o No.26/2, 2nd main, 40th A cross, 9th Block, Jayanagar, Bengaluru have changed my name to AMENA affidavit Dt 07/08/2023 notary Harisha G, B'luru

I Mahadev S/O, Sahebgouda Sanganpatil R/o 405, 5th Cross Rd, Tatanagar, Devinagar, Bengaluru, Karnataka 560092 have changed my name to Mahadev Sangan.

I Charles Felix.p S/O, Paul Raj.s R/o 42, 2nd Cross, vinayaka Layout, Ullal Main Road, Bengaluru 560056. have changed my name to Charles Felix.

I, Ansar Banu W/o Subhan Munaff Abdul R/o 15/1, 12th A cross, Sonappa Block, 3rd stage, Pillanna Garden, Bengaluru 560045 have changed my name to Ansar Banu Kader Sherif affidavit Dt.07/08/2023 Harisha G, B'luru

LOST & FOUND

LOST: Ananda Kumara K R residing at No.71, Kerekatti ganoor, Bangalore Rural-562111 have lost my Original Sale deed of 1) Krayapathra-Chikkaveeraigh S/o Mr.Rudraiah Mr.C Ranganatha S/o Mr. Chikka veeraiah infavour of Shivanna Document no. Sy no.89/1, measuring 0-13 1/2 Guntas, 2) Document no.Sy 89/1 13 Guntas, 99, Book 1, Volume 1915, 13.07.1998. 3) Document no.89/1, 13 & 1/2 Guntas, 1948/99-2000, 12.01.2000. 4) Document no.89/1, 13 Guntas, 2863/2003-04, 30.10.2003 Executed by R Veeranna & Songs. 5) Document no. CD no-1503, 26.12.2022, Sale Agreement of Shivalinagaiah and others. 6) Document no. Cofirmation deed dated 30.05.2023. 7) Confirmation deed CD no. NMGD 1573, 29.03.2023, have lost while travelling to Dabaspet, regarding this issue we lodge a complaint in Bangalore Rural police staion , If anybody found pls contact 98805 54656, or hand over to the near by police station.

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HEALTH TIP: High in protein, moringa, is loaded with free radical-fighting antioxidants

Tulsi helps your body fight stress hormones, protects the immune system, soothes stress, aids sleep and helps to boost memory

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Planks and wall sits are best for lowering blood pressure – here are 6 more reasons why to do them

EXERCISE IN UTILITY

If you were told to do more exercise to lower your blood pressure, you might think you'd need to break out your running gear or hit the weights. But one of us (Jamie) recently published research that found exercises that you hold in a static position, such as planks and wall sits, are actually the best way to reduce blood pressure.

This kind of "isometric" exercise involves contracting a specific muscle or muscle group and holding it so the length of the muscle doesn't change throughout the exercise.

But lower blood pressure is only one of the benefits of doing this type of exercise.

1 They improve heart health

Jamie's recent work looked at 270 randomised controlled trials involving a total of over 15,000 participants. It found that the best way to lower blood pressure was to perform an average of three isometric sessions per week.

Each sessions consisted of four two-minute bouts of isometric exercises, with a one-to-four minute rest period between each. The resulting blood pressure reduction was comparable to that seen in people taking standard blood pressure medication.

Jamie's research group has also shown that isometric exercise improves the function, structure and mechanics of our heart, the health of our vascular system and the performance of our autonomic nervous system. All of these changes are important for good cardiovascular health and lower risk of disease.

Although it's a complicated area of science, the reason isometrics may be so effective for our cardiovascular health is due to the unique nature of holding a static muscle contraction. This compresses the blood vessels – and then on release of the isometric hold, leads to greater blood flow to the previously compressed vessels.

2 They improve joint health

Our ligaments play an essential role in stabilising our joints when we move. But injuries can happen if we put too much pressure on a ligament, such as an awkward single-leg landing when jumping. Anterior crutiate ligament (ACL) rupture is one example of a ligament injury that has a significant health impact.

But our muscles play an important role in reducing the force placed on our ligaments by helping create stability around a joint. And research shows that training certain muscle groups through isometric exercises can help to reduce pressure on certain ligaments.

For example, one study found that training the hamstrings (the group of muscles that run along the back of your thigh from hip to knee) helped reduce pressure on the ACL. This may help prevent injuries to this ligament in the future.

3 They help address muscle imbalances

It's common for the muscles on one side of your body to be stronger than the other. Known as limb dominance, this partly happens due to something called laterality, our preference to use one side of the body over the other.

It can also happen as a result of your body adapting to the demands of sports (or other activities) which require skills that place greater demand on one side of the body, such as football, volleyball and basketball.

While there's typically nothing wrong with the muscles on one side of the body being stronger than the other, it may increase risk of injury and may also affect an athlete's performance. But doing unilateral (one-sided) isometric exercises – such as the split squat or side plank – may help reduce strength differences between limbs as they target one side of the body.

4 They improve performance

Isometric exercises are effective for improving strength in specific fixed positions. This is because isometric exercises have the ability to activate very specific muscles or muscle groups.

Isometrics often mimic challenging positions such as the sticking point at the bottom of a squat, maintaining a scrummage in rugby or removing the lid off a jam jar. This means they can help to build the strength required to tolerate the load placed upon the body during exercise, sport and everyday life. This may improve athletic performance or physical function in daily life.

5 They're easily tolerated

Isometric exercises are often used as part of physiotherapy and sports therapy rehabilitation programmes for people recovering from musculoskeletal injuries. This is because they can be performed with limited mobility and where pain may be a limiting factor.

As isometric exercises are performed in a static position, it can be more tolerable than exercises which require a lot of movement. Similarly, those with limited mobility can choose a comfortable position to perform the exercise, such as adjusting the height of a wall squat if they have limited hip mobility.

6 They're time efficient

Most studies which have investigated the benefits of isometric exercises for heart health have only required participants to do a total of eight minutes of exercise per session. This would equate to around four sets of isometric exercises, with each exercise held for around two minutes. You would then rest between one and four minutes between sets.

Numerous studies also show these exercises only need to be performed three times a week for three weeks in order to see beneficial changes. This makes isometric exercises easy to fit into even the busiest schedules.

Getting started

Isometric exercise can be performed pretty well anywhere since they only use your body weight to challenge your muscles.

If you aren't sure where to begin when it comes to isometric exercises, some good examples include wall squats (pretending like you're sitting in a chair but with your back pressed against a wall) and planks (resting on your forearms and tip-toes, with your stomach raised above the ground and held level).

It's also recommended you consult with a healthcare practitioner before starting your new exercise plan to ensure it's safe and effective.

(By Alex Walker and Jamie Edwards, University of East London, The Conversation)

All you need to know about...

Feelings about sleep

All about feeling
According to a study performed by the University of Warwick, how people feel about their sleep has a greater impact on their well-being than what sleep-tracking technology indicates about their sleep quality.

The experiment
Across a two-week period, over 100 participants aged 18-22 years were asked to keep a daily sleep diary about the previous night's sleep, including what time they went to bed, time they got ready to fall asleep, the amount of time it took them to fall asleep, what time they woke up, what time they got out of bed, and how satisfied they were with their sleep in general.
Five times throughout the next day, participants were asked to rate their positive and negative emotions and how satisfied they were with their life. Participants also wore an actigraph on their wrist which measures a person's movement to estimate their sleep patterns and rest cycles.

How one felt the next day
Lead author Dr Anita Lenneis, from the University of Warwick's Department of Psychology, said: "Our results found that how young people evaluated their own sleep was consistently linked with how they felt about their well-being and life satisfaction.
"For example, when participants reported that they slept better than they normally did, they experienced more positive emotions and had a higher sense of life satisfaction the following day.
However, the actigraphy-derived measure of sleep quality which is called sleep efficiency was not associated with next day's well-being at all.

Perception
"It's people's perception of their sleep quality and not the actigraphy-based sleep efficiency which matters to their well-being." —ANI

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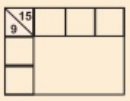
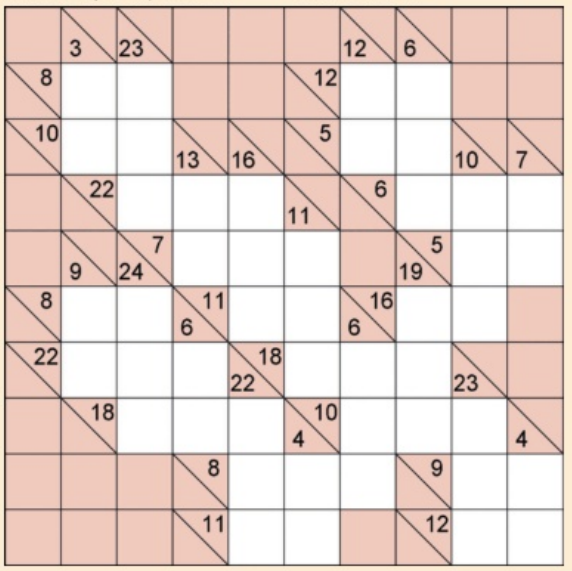
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



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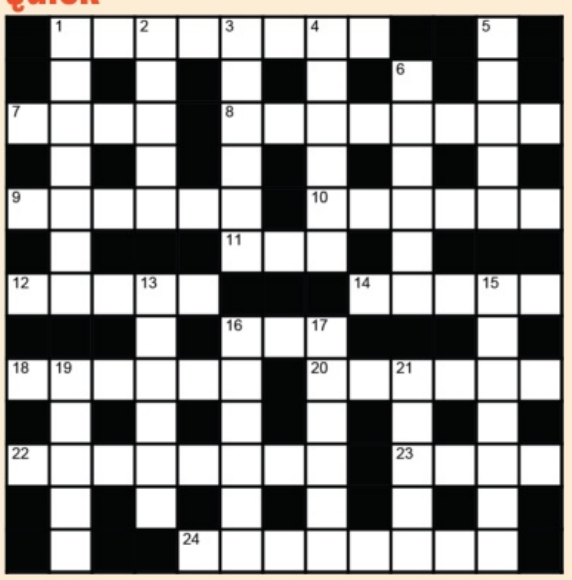


ACROSS

1 Learner's end of the swimming pool (8)
7 Singing group (4)
8 ___ Scrooge : Christmas Carols' miser? (8)
9 Merchant of Venice character (6)
10 More eager (6)
11 Affirmative (3)
12 Hollywood award (5)
14 Legendary Greek hero (5)
16 Music director Malik (3)
18 Knocked out in boxing match (6)
20 Serviette (6)
22 Amusement park on the Bangalore–Mysore highway (8)
23 Biblical word (4)
24 Imputed or accredited; attributed (8)

DOWN

1 Solemn; not light-hearted (7)
2 Approximately (5)
3 Extra space (6)
4 Gives play to, causes damage etc.? (6)
5 Farmyard birds (5)
6 Et ____ : etc.? (6)
13 In disagreement or at variance? (2,4)
15 Left out (7)
16 Beautifies, bedecks or embellishes (6)
17 Inequitable (6)
19 Unaccompanied (5)
21 Exactly vertical (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Y EQUALS T

AGIJLYPN AF AZ L WLZ'F IUZ YQICOQY, ZIY AZ YQX IKAZAIZ IM LZIYQXP.

Linemaro

Would you grab my arm so I can tell my friends I've been touched by an angel?

Mindchow

Winning isn't everything, but wanting to win is

Joke of the day

Q: How do you get 10 English teachers to agree on the best teaching method?
A: Shoot nine of them.

Loop

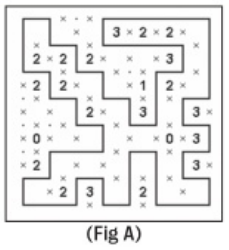
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

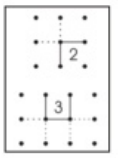
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

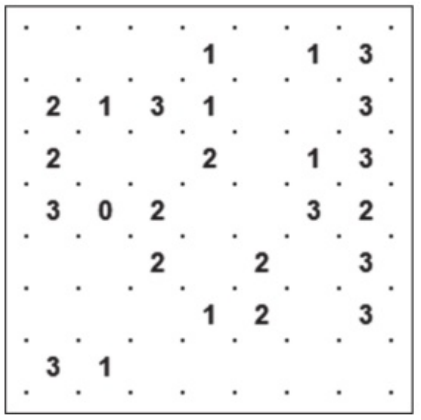
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



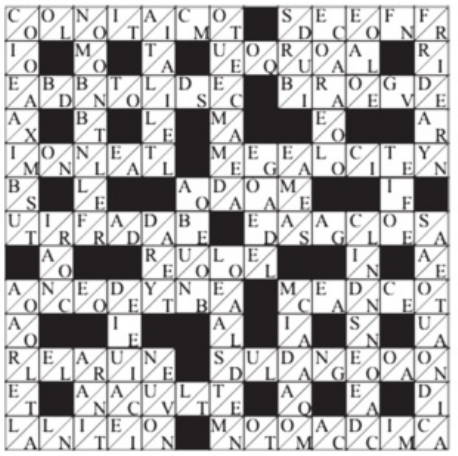
(Fig A)



(Fig B) Not Allowed



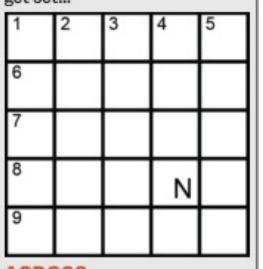
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Babs L; 6 Ameer; 7 Or nip; 8 Tange; 9 De Dog

DOWN

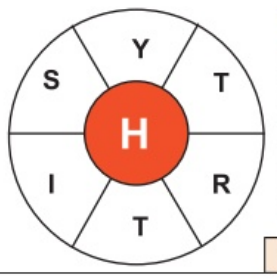
1 Dobra; 2 Goral; 3 Pad me; 4 Begin; 5 Tense

Mensapuzzle

Place the same four-letter word in front of these words to make new words.

____ WORK
____ WARE
____ ORE
____ CLAD
____ SMITH

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

SudokuChallenge

	8		9		5		1	
	1	2				4	6	
3		4				9		7
6				7				8
			2		4			
4				5				9
5		8				1		3
	4	3				8	7	
	7		8		6		2	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 6
1 5 6 6

Medium = 66
2 5 7 9

Hard = 5
3 6 9 4

Hocusfocus

Find at least six differences in details between panels.

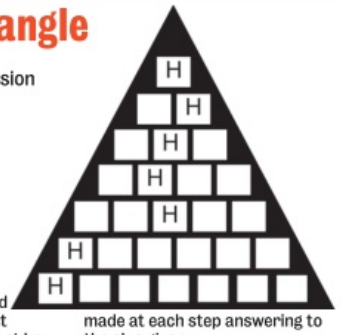
Differences: 1. Arm is longer. 2. Hair is longer. 3. Pocket on side of bag is lower. 4. Tree is moved. 5. Sign is higher. 6. Pocket is lower.

Riddler

Timothy and Urban compete in a car rally, going several times around a closed circuit. Timothy can drive the circuit in 25 minutes, but Urban takes 30 minutes. If the two drivers start at the same time, how long will it take Timothy to lap Urban?

Alpha triangle

1 Atomic number 1
2 Surprised expression
3 Haggard novel
4 Walker's need
5 Moral beliefs
6 Serfs
7 Unfriendly



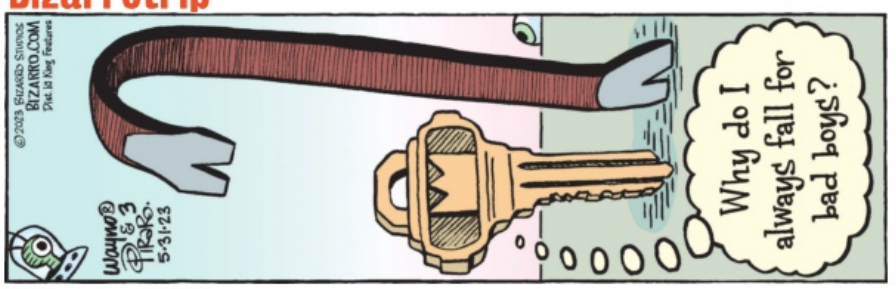
Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

Bizarrotrip



Diamond Lil

Hart of the city

IF I THROW YOU A SURPRISE PARTY, YOU HAVE TO THROW ME ONE.
DEAL!
HEY! I WANT IN ON THIS!
YEAH! ME TOO!
OKAY, OKAY. I'LL DRAFT SOME LANGUAGE FOR A CONTRACT.

Crankshaft

SO, HOW WAS IT READING THE NEWSPAPER ON THE PHONE IN THE BATHROOM?
IT WAS DIFFERENT...
FOR ONE THING, I NEVER ACCIDENTALLY DROPPED A NEWSPAPER IN THE TOILET!

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today you may be impatient, which may reflect into your way of working. There may be some silly mistakes, which may stop you from completing your task. Investments in fixed assets are advised to postpone for some days. But with the help of an elder's blessings, you may overcome the messy situation. In the evening, you may be focused towards your work.

Taurus Apr 21 – May 20
Today you are blessed by the moon; your destiny is likely to be with you. Today you may be more energetic and focused on your work. Your hard work may pay you in terms of success. Your subordinates may help you. You are likely to go for short work related travel. Some good news may come from your sibling. You may plan to renovate your house or office where your creativity will be tested.

Gemini May 21 – Jun 21
Today you may be able to control your expenditure on worthless things, which may increase your savings. You may be more creative today; you may use your creativity in your office or at home, which may enhance your social status. Love birds are likely to get some support from their family members and friends for marriage.

Cancer Jun 22 – July 23
Today's messy situations are now under control. You may feel peace in the mind. You may be able to make a proper balance in expenditure and earnings, which may increase in savings. You are advised to avoid too much travelling or overworking, it may affect your health. Students can start planning for their higher studies. Love birds may enjoy their happy moments.

Leo Jul 24 – Aug 23
Today you may face health issues, which may make you impatient. You are advised to control your short temper. You may spend your hard earned money buying worthless stuff; it may affect your savings. Love birds are advised to avoid discussions on worthless topics, otherwise there might be some break up.

Virgo Aug 24 – Sep 23
Today you may meet some influential person who may help you in the progress of your work; your network will be strong with the help of that person. You may prepare yourself to implement new ideas into your work or business. You will plan to invest more capital into your business, which may give you financial gains in the near future.

Libra Sep 24 – Oct 22
Today your mother's health may be good. You may enjoy your work, you may get rewards after your hard work. Your social respect may be increased now. Overworking your mind may make you tired; due to workload, you may not be able to reach some family event.

Scorpio Oct 23 – Nov 22
Today you may be satisfied at work. You may plan for a short work re- lated trip. You may also visit some religious places to maintain your inner peace. Your gurus may show you the right path, which may give you clarity regarding your goals.

Sagittarius Nov 23 – Dec 22
Today you may feel dull; it is advised to keep your mind cool, it's a golden rule for you to think twice before any act. You may travel to recover your money, otherwise you may lose your money. You are also advised to avoid going for adventure tours. Students are advised to go for in depth study to get success.

Capricorn Dec 23 – Jan 20
Today you may plan to renovate your house. You may buy some artifacts or creative stuff, which will improve your social status. You may also invest in properties and other assets. You are likely to enjoy your romantic moments with your spouse, which will increase your emotional relationship with them. Singles may find a soul mate.

Aquarius Jan 21 – Feb 19
Today you may feel happy. Chronic health issues related to family members can not be cured. Money which was stuck may be recovered now, which may increase liquidity in the business. People who are in a job may get some incentives, which will improve their financial health. Job seekers may get a job with the help of any relative or friend's reference.

Pisces Feb 20 – Mar 20
Today is important for domestic life. You may be busy with kids. You may hear some good news in terms of kids' education. You may buy some creative stuff for home or office to maintain your social status. You are advised to use wisdom while buying any household stuff or jewellery.

KIDZONE

Amrutha G, 12 years, Indian Public School

Shanvi G, 7 years, Indian Public School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru- 560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
=> $2^{27}/(2^8*2^8*2^8)$
=> $2^{27}/(2^{(8+8+8)})$
=> $2^{27}/(2^{24})$
=> $2^{(27-24)}$
=> 2^3
=> 2

QUOTE UNCODE
Idolatry is in a man's own thought, not in the opinion of another.

FAST FIVE

B	L	A	B	S
R	A	M	E	E
O	R	P	I	N
A	G	E	N	T
D	O	D	G	E

BULL'S EYE
shirt, thirst, THIRSTY, thirty

STRIKE OUT

C	O	N	T	A	C	T	S	C	O	F
A	L	I	E	N	N	O	M	A	D	I
T	A	C	U	T	E	A	E	I		
R	E	R	U	N	D	U	D	G	E	O
A	N	O	D	Y	N	E	M	A	N	E
O	N	E	A	S	A					
S	E	A	D	A	M	I				
T	I	R	A	D	E	E	A	G	L	E
A	R	O	L	L	I	A				
S	H	A	L	L	O	W	S			

QUICK

S	H	A	L	L	O	W	S		G	
E	B	E	R	C		E				
T	R	I	O		E	B	E	N	E	Z
I		U		W		A	T		S	
P	O	R	T	I	A		K	E	E	N
U		Y	E	S		R				
O	S	C	A	R		J	A	S	O	N
		T		A	N	U		M		
K	A	Y	O	E	D		N	A	P	K
L		D		O		F		L		T
W	O	N	D	E	R	L	A		U	N
N		S		N		I		M		E
R	E	B	U	S						
A	S	C	R	I	B	E	D			

MENSA PUZZLE
IRON

RIDDLER
25 minutes after startling Timothy Hinshes the first lap and Urban has only driven 25/30 of the circuit, or 5/6. Hence Timothy gains 1/6 lap on Urban in 6 X 25 laps Urban in 6 X 25 minutes == 150 minutes–that is, 2 and 1/2 hours.

SUDOKU

7	8	6	9	4	5	3	1	2
9	1	2	7	8	3	4	6	5
3	5	4	1	6	2	9	8	7
6	9	5	3	7	1	2	4	8
8	3	7	2	9	4	6	5	1
4	2	1	6	5	8	7	3	9
5	6	8	4	2	7	1	9	6
2	4	3	5	1	9	8	7	6
1	7	9	8	3	6	5	2	4

ALPHA TRIANGLE
H, Eh, She, Shoe, Ethos, Helots, Hostile.

LOOP

GO FIGURE
Easy
6 + 6 – 5 – 1 = 6
Medium
9 x 7 – 2 + 5 = 66
Hard
6 x 3 – 4 – 9 = 5

KAKURO

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Best friend— Deepika Padukone penned an adorable post for her husband Ranveer Singh on Friendship Day. Deepika wrote: "Marry your best friend. I do not say that lightly. Really, truly find the strongest, happiest friendship in the person you fall in love with"

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Ryan is all things sweet

Hollywood star Ryan Gosling, who is currently rising high in the success of 'Barbie', was spotted helping an elderly woman during a outing with his wife Eva Mendes and daughters.

In pictures obtained by TMZ, the Ken depicter in the Greta Gerwig-directed film was seen helping the older woman. He was photographed helping her get through the sand in her walker and holding her hands while carefully assisting her down to the actual water, reports aceshowbiz.com.

Ryan wore a red T-shirt under a plaid blue top and light blue jeans. He also rocked a gray cap and sunglasses. Eva seemed to wear a yellow sleeveless dress and had some of her hair down with some up.

It's unclear if the elderly woman was a relative or stranger, but it could be Eva's mother Eva Perez Suarez, who has been in ailing health lately, according to the actress. Two other adults were seen joining them and keeping a watchful eye over the kids. Ryan and Eva's daughters, Esmeralda, 8, and Amada, 7, meanwhile, had paddle-boards with them. The couple previously took their daughters to the wilderness to get away from 'Barbie'-mania. The pair reportedly went on a "glamping" trip with their children. —IANS

HEART OF GOLD

How Gal Gadot reacted when Alia told her about her pregnancy during Heart of Stone shooting

Alia Bhatt discovered that she was pregnant just before she started shooting for action film "Heart of Stone" but producer-star Gal Gadot was "warm, excited and started cheering" when she heard the news.

Bhatt said she felt very well taken care of by Gadot on the movie set.

"I remember when I had to call Gal and let her know that I was pregnant. I'm supposed to start shooting and I have all these action sequences but I wanted her to know because she's the producer on the film and also I would have some restrictions maybe.

"And she was so warm, excited and started cheering, talking about how it's great luck for the movie and that she's got my back. I think very rarely you meet somebody and in the first two minutes feel very well taken care of, extreme warmth and just safety," the actor told PTI in a virtual roundtable. The year 2022 was momentous for the Bollywood star who got married to actor Ranbir Kapoor, made her production debut with "Darlings" and welcomed daughter Raha. "Heart of Stone", a Netflix action film that she joined in March 2022, marks Bhatt's Hollywood debut. She plays hacker Keya Dhawan in the movie.

Bhatt said she felt comfortable right after her first meeting with Gadot. "When you are working with someone, of course, it's the working relationship that you take away. You just want to meet and interact with people who touch you and make you feel comfortable. That's exactly what I felt," she said. —PTI

Spandana dies due to cardiac arrest

Popular Kannada actor Vijay Raghavendra's wife Spandana succumbed to heart attack at a hospital in Bangkok on Monday. Spandana was on tour with her husband Vijay. Though she was immediately shifted to the hospital, Spandana died.

Family sources explained that the body of Spandana will reach Bengaluru on Tuesday. The postmortem of her body will be conducted in Bangkok today. The death of Spandana, who is in her late 30s has shocked the film industry.

She had also acted in films and she is the daughter of decorated senior police officer BK Shivaram.

The doctors said that Spandana had suffered massive cardiac arrest resulting in her death.

Chief Minister Siddaramaiah has stated: "The demise of Spandana, the wife of popular Kannada actor Vijaya Raghavendra has shocked me. I pray for her soul. I condole with the bereaved families of Vijaya Raghavendra and BK Shivaram." — IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Beautiful game

Thej, after proving his mettle in Kannada movies Rewind and Ramachari 2.0, is all set to play a double role – director and hero – in Kannada movie Dude. A muhurat function of the movie was held at Kanteerava Studios on Sunday. Raghavendra Rajkumar was the chief guest at the function.

The specialty of this movie is the number of heroines. It has 12 heroines, including Rashmi Mandanna's cousin.

"The movie is about a football game. The objective of the movie is to showcase football. Twelve newcomers are playing heroines in this movie. We selected them over the phone. We are organising a workshop for them at Kings Club, a well-known football training school in Bengaluru. that Dude will be the first Kannada movie based on football," said Thej.

He said the shooting of the movie would be held in and around Bengaluru. "The first look of the movie is already out. We have launched the movie today by organising a muhurat function. The movie will go on floors after completing training for the heroines. If all goes well, the shoot of the movie will begin in October," he said.

Shashidhar has been selected as a creative head for this movie while Mohammed is the music director. Manju Dodmani is assigned to write lyrics.

Anirudh is Chef Chidambara

Though it is not clear whether Anirudh knows cooking or has entered a kitchen in real life, he is set to play the lead in Kannada movie Chef Chidambara. After five years, Anirudh is acting in a Kannada movie that is helmed by M Anandaraj of Raghu fame.

Recently Kichcha Sudeep unveiled the title of the movie and wished the cast and crew all the best.

"I am very happy to act in this movie. It is a dark comedy. This genre is rare in Sandalwood. I am happy to see a few Kannada directors are attempting to make dark comedy movies. I play a chef in this movie," says Anirudh with a smile.

Roopa DS is bankrolling the movie under the Damthi Pictures banner. Director Anandaraj wrote the script while Ganesh Parashuram wrote screenplay and dialogues. "The movie will go on floors from August 10. Its shooting will be held in and around Bengaluru," Anirudh said.

Uday Leela is the cinematographer and Vijeth Chandra is the editor.

Nidhi Subbiah and Rachel David Love of Mocktail fame are the heroines.